



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Cöster, Justus

Club: HPI Potsdam  
Number: 657

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 46:24

Speed: 11.64 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 28 (of 210)

Rank in course/Men: 26 (of 132)

Best time in course: 33:33

Rank in category: 6(of 17)

Best time in the category: 33:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:57	5:50	6	7:37	30	7:37	4.10	23:57	5:50	6	7:37	30	7:37
Loddenke	2.20	8:50	4:00	6	2:05	24	2:05	6.30	32:47	5:12	6	9:40	28	9:40
Ilseburg/Markt	3.30	13:37	4:07	6	3:11	22	3:11	9.60	46:24	4:49	6	12:51	26	12:51